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The Truth about Cholesterol & Drugs

Thu 2:14 pm +00:00, 6 Feb 2025

posted by newensign

PDF Presentation

SUMMARY

In this week's episode of *The Dr. Ardis Show*, Dr. Bryan Ardis dives into the truth about cholesterol, its role in the body, and why the over-prescription of cholesterol-lowering drugs may not be the solution we've been led to believe. Cholesterol is essential for building healthy cells, producing hormones, and digesting fats. However, the mainstream narrative often casts cholesterol as the enemy, leading many people to rely on statins and other medications that can have harmful side effects, including liver damage, muscle pain, cognitive issues, and even diabetes.

Dr. Ardis explores these side effects and asks why these drugs are commonly prescribed without fully addressing the underlying health concerns. He then shifts focus to natural, science-backed alternatives that can help manage cholesterol levels effectively without the toxic side effects of prescription drugs. Supplements like **Magnesium**, **Vitamin C**, **Zinc**, and **Quercetin** are shown to support cholesterol health and overall well-being.

Check out the following Nature Wins Supplements to help you on your health journey:

Nature Wins Magnesium Complex

Nature Wins Immune C

Nature Wins Zinc Plus

Nature Wins Quercetin Plus

Don't miss out on this episode to learn how to protect your health and avoid the pitfalls of cholesterol-lowering drugs. If you or someone you know is on cholesterol medication, or if you're concerned about your cholesterol levels, this episode is a must-watch!

The full presentation, including all the research and recommendations, is available above or on the *Free Patient Resources* tab of our website.

Link Below

https://thedrardisshow.com/episode-02-05-2025-the-truth-about-cholesterol-drugs

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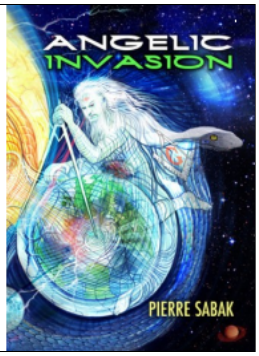

The Alternative View 5G Special

Sunday 9th March 2025 - South Wales

John Kitson - Claire Edwards - Mark Steele

Each speaker will be focusing on a different aspect of 5G and associated subjects

Tickets £40.00

Tickets and Info

Email

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Events in the UK

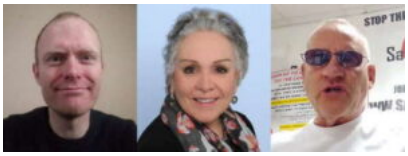
The Alternative View 5G Special

Date: 9 March 2025

Time: 11:00 - 16:30

Location: The Glanrhyd Coronation Club, Glannant, Ystradgynlais, Swansea, SA9 1BQ

More info



Speakers: John Kitson – Claire Edwards – Mark Steele

Each speaker will be focusing on a different aspect of 5G and associated subjects

Event hosted by Gary Fraughen

Info and Booking

The Glanrhyd Coronation Club, Glannant, Ystradgynlais, Swansea, SA9 1BQ

The Alternative View Presents Roger Anderton

Date: 4 May 2025

Time: 11:00 - 16:00

Location: The Assembly Rooms, Glastonbury, Somerset, UK

Einstein Wrong and Special Relativity Revisited

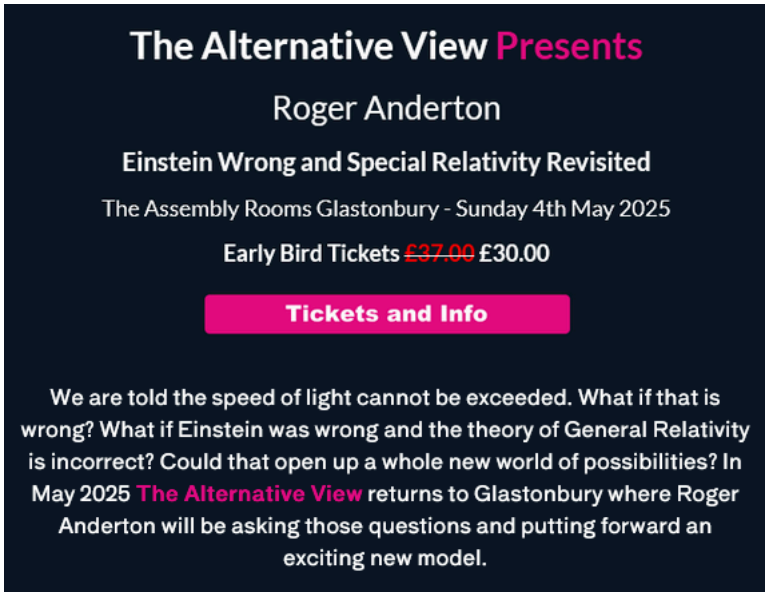
The Assembly Rooms, High Street, Glastonbury Sunday 4th May 2025

Join us in Glastonbury for **The Alternative View Presents** Roger Anderton

Event hosted by Gary Fraughen

Info and Booking

The Assembly Rooms Glastonbury



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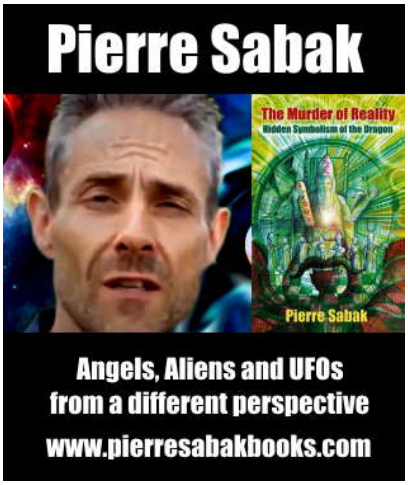

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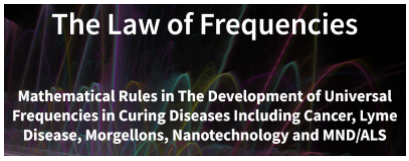

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